

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

School release

Avianos elementary, middle and high school students will be released at 1 p.m. Monday due to teacher training. Students will still be served lunch and buses are scheduled to depart the schools at 1 p.m.

Limited care

Due to a scheduled power outage Sunday, the 31st Medical Group will have limited care services. Hours will be from 8 to 11:30 a.m. Extended care services are available at the family practice clinic in Area One from 10 a.m. to 4 p.m. Saturday. All medical group clinics will re-open Monday.

People who need an appointment during extended care hours can call Ext. 5000.

People with an emergency should call 118 or visit Pordenone's or the nearest emergency room.

People who would like to ask a nurse a question can call the Health Care Information Line toll free from any Italian phone at 800-877-660.

USAFE changes command

RAMSTEIN AIR BASE, Germany – Gen. William T. Hobbins assumed command of United States Air Forces in Europe from Gen. Robert H. “Doc” Foglesong Monday at a ceremony on Ramstein AB.

General Hobbins, who previously worked as Warfighting Deputy Chief of Staff for Warfighting Integration, Headquarters U.S. Air Force, and acting Chief of Information Officer for the office of the Secretary of the Air Force, will begin his term as USAFE commander just five years after he last left the command as its director of Aerospace Operations.

“Robbin and I are absolutely thrilled to be back in Germany,” the general said. “We look forward to rekindling the friendships we shared just a few short years ago.”

During today's ceremony, General Hobbins shared his admiration for the command's previous commander, as well as spoke of his plans for the future.

“In my last function, I found inspiration in the understanding that decision superiority is



Photo by Master Sgt. John Lasky

Gen. T. Michael Moseley, Air Force Chief of Staff (left), passes the U.S. Air Forces in Europe flag to Gen. William Hobbins during the change of command ceremony.

not narrowly about technology, but broadly about the emerging military response to the information age,” the general said. “Our history of air dominance using agile deployability

See USAFE, Page 9

COMUSAFE excited to take command

By General William T. Hobbins
Commander, U.S. Air Forces in Europe

RAMSTEIN AIR BASE, Germany – What an exciting time to be a part of U.S. Air Forces in Europe! It is with tremendous excitement and humility that

I accept this opportunity to be your commander, leading the bravest Airmen today's Air Force has to offer. I am deeply privileged to serve side-by-side with proven warriors who have answered the call to defend freedom around the world!

Standing beside me in this team effort for the sec-

ond time is our Command Chief, Chief Master Sergeant Gary Coleman. Chief Coleman was particularly instrumental to the great success we experienced when he was my command chief at 12th Air Force in

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Stamp increase: The price of stamps increases to \$.39 effective Jan. 8. For more postal information, visit www.usps.com.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	1116.3	654
	+126.8	+7

Information current as of Wednesday.



Bah humbug!

Aviano's Community Theater and High School Drama Club perform “A Christmas Carol: The Musical.”

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603rd ACS

The 603rd Air Control Squadron provides command and control operation when the Air Force needs it, where they need it.

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Commander, from page 1

Arizona just two years ago.

I'm also looking forward to building on our already great relationship with the men and women who make up Allied Component Command-Air Headquarters Ramstein. It is truly a great honor for me and my family to serve again in the best command in the Air Force!

In my few days on the ground as your commander, I'm already impressed by the teamwork and dedication I've seen. It's only through your hard work, devotion and sacrifice that the command has been able to achieve the level of greatness it already boasts. U.S. Air Forces in Europe is renowned for its Combat and Special Interest Program, and this will serve as the foundation for our continued success. Through everyone's exceptional commitment and solidarity with our allies, we'll build on these strengths. The USAFE mission is important, demanding and far-reaching; continue to conduct it with the safety and efficiency you always have.

The operations tempo is high and that isn't going to change anytime soon. To you, I pledge my unwavering loyalty, clear communication and support. I ask that you dedicate

yourselves to working with each other and me. Together we will build upon the tremendous legacy of those who served before us as we continue our fight along the front lines against terrorism around the globe. I recognize the contributions that you and your fellow Airmen make are vital to our continued success.

The holiday season is also quickly approaching – take the opportunity to spend quality time with your families and friends, reflect and revive those relationships that sustain you. You've worked hard and you deserve it.

As I get settled in, Chief Coleman and I will travel to the many bases throughout the command. I am looking forward to getting to know you. I'm particularly interested in what your challenges are so we can aggressively work to minimize them. Together we'll endeavor to strengthen even further our already stellar track record of teamwork with each of our NATO friends and allies. I'm looking forward to personally meeting many of you in the very near future. And I'm honored to have been chosen to lead you into that future.

Aviano Airmen of the Week

Name: Airman 1st Class Edward Nagao, intelligence operations apprentice
Unit: 31st Operations Support Squadron
Hometown: McMurray, Pa.
Family: Father, Ted; Mother, Yoko and siblings Christine and Ted Jr.
Hobbies: Reading, Web surfing and volunteering
Why joined: To serve his country and to earn a commission



Brig. Gen. Robert Yates presents a wing coin to Airman 1st Class Edward Nagao after he spent the day as his shadow.



Name: Senior Airman Lacey Etherton, contracting specialist
Unit: 31st Contracting Squadron
Hometown: Vacaville, Calif.
Family: Husband and a very supportive family back home
Hobbies: Being involved with the community and the theater
Why joined: For all the opportunities the service provides

Project SMART:

Practice common sense while winter driving

By Senior Airman Colleen Wronek
31st Fighter Wing
Public Affairs

With the winter season arriving, Aviano members are reminded to use extra caution while driving.

"It's important to pay extra attention to the roads and other drivers," said Tech Sgt. Abraham Malit, 31st Fighter Wing Safety ground safety superintendent. "You need to get into a different mindset. It's not summer anymore so please slow down."

Sergeant Malit said black ice is a big concern in the Aviano area.

"People need to watch the shaded areas for black ice, which looks like a shiny part of the road," he said. "If you start to skid, turn the wheel in the skid direction and slowly correct yourself out of the skid."

Sergeant Malit said foggy weather and low visibility conditions can occur suddenly in Aviano.

"In low visibility, make sure your lights are on, tailor your speed to weather and road conditions and stay in your lane. Don't move too far to the right because there could be a pedestrian or bicyclist you can't see," he said.

He also encouraged those who aren't from colder climates to practice winter driving.

"The best thing to do is have your wingman show you how to drive in the winter," he said. "You could practice in the snow in an empty parking lot."

With cooler temperatures, people are advised to properly defrost their vehicle windows.

"Completely scrape windshields, or at least let the windows completely defrost," said Lt. Col. Todd Phinney, 31st Fighter Wing Safety. "I see people driving around peering through partially-scraped windshields. It's not safe. The frost blocks the driver's view."

Sergeant Malit urges people to have an emergency kit in their vehicle in case something happens. "Always be ready. You never know where you might break down," he said. "Among other things, make sure you have blankets, non-perishables and candles. Candles are very important if your car breaks down because it provides light and heat."

He also said a good place to look for an emergency kit is at the base exchange.

For more information on driving safety or other safety concerns, visit <https://avo-intranet/Safety/Homepage/safetyhp2.htm>.

Preparing your vehicle for the winter season

Vehicles should be inspected for winter. The 31st Logistics Readiness Squadron POV Inspections office has extended its winter vehicle safety inspections through Dec. 30 for all U.S. ID card holders. The POV Inspections office is open 7:30 a.m. to 4:30 p.m. Mondays through Fridays and is closed holidays and down days at Bldg. 43 in the Aviano Industrial Area. For more information, call Ext. 4458.

Things to keep in vehicles:

- Windshield ice scraper with small broom for ice and snow removal
- At least a half tank of gas during the winter season
- A supply of high energy, non-perishable food, several bottles of water and a non-electric can opener
- Flashlights with extra batteries
- First aid kit with pocket knife
- Necessary medications
- Several blankets
- Extra newspapers for insulation
- Plastic bags (for sanitation)
- Matches
- Extra set of mittens, socks, wool cap, rain gear, and extra clothes
- Sack of sand, set of tire chains or traction mats
- Small shovel and tools (pliers, wrench, screwdriver)
- Cards, games, and puzzles
- Brightly colored cloth to use as a flag

Information provided by the Federal Emergency Management Agency's website at <http://www.fema.gov/hazards/winterstorms/winterf.shtm>

Marquee: To advertise upcoming events on the Area F marquee, send event information to: 31fwmarquee@aviano.af.mil.

Aviano's cost of living allowance reduces Jan. 16

Courtesy of 31st Comptroller Squadron

An analysis has revealed prices in Aviano and the local surrounding areas have not increased as quickly as prices in the United States; therefore, members will see a five percent reduction in their cost of living allowance beginning Jan. 16.

COLA is an allowance paid beyond regular military compensation and is intended to offset a change in purchasing power. The allowance is designed to help maintain the purchasing power between those assigned to high cost areas overseas and their U.S. based counterparts.

Four tools are used to determine COLA rates for a location: a living pattern survey, retail price schedule, Bureau of Labor Statistics consumer expenditure survey and CONUS market basket updates.

A living pattern survey is conducted triennially to report percentages of members' shopping behaviors both on and off base. The retail price schedule reports actual prices for goods annually and reports prices for 120 market basket items of goods and services. The Bureau of Labor Statistics consumer expenditure survey determines weights for each category and item. CONUS market basket updates prices quarterly and incorporates current prices from Army Air Force Exchange Service, Defense Commissary Agency, Bureau of Labor Statistics and the Department of State.

COLA is also affected by exchange rate fluctuations. Adjustments based solely on currency changes are automatic and are adjusted at the next available pay period.

For more information, contact the Accounting and Finance Office at Ext. 7584 or email fso@aviano.af.mil.

Scrooge visits Aviano in 'The Christmas Carol'

ACT and Drama Club usher in holiday spirit

By Khadija Rochdi
31st Fighter Wing
Public Affairs

Love of money versus love of family and friends is the question Scrooge had to answer in this year's two hour production of "A Christmas Carol: The Musical."

The Aviano Community Theater and the Aviano High School Drama Club transformed the high school multipurpose room to entertain and bring the holiday spirit to the Aviano community.

The play's director, Frank Lewandowski, and his assistant Pam Hillestad are teachers at the Aviano High School.

Together, the two have labored more than a month through auditions and rehearsals to bring "The Christmas Carol" alive.

"It took many long and

exciting rehearsals to get this musical together," said Tech. Sgt. Yakeem Jones, who played the ghost of James Marley.

The 31st Fighter Wing command chief's executive assistant explained how everyone learned new and different things with their parts.

The cast members also enjoyed creating and personalizing their characters by spicing up their costumes.

"I wanted to make my character, the ghost of James Marley, weird and scary-looking so I bought white contacts and a white Einstein-looking wig," said Sergeant Jones.

The ACT and the high school drama club are performing three more showings of "A Christmas Carol: The Musical."

Show times are 7 p.m. today and Saturday, and 2 p.m. Sunday.

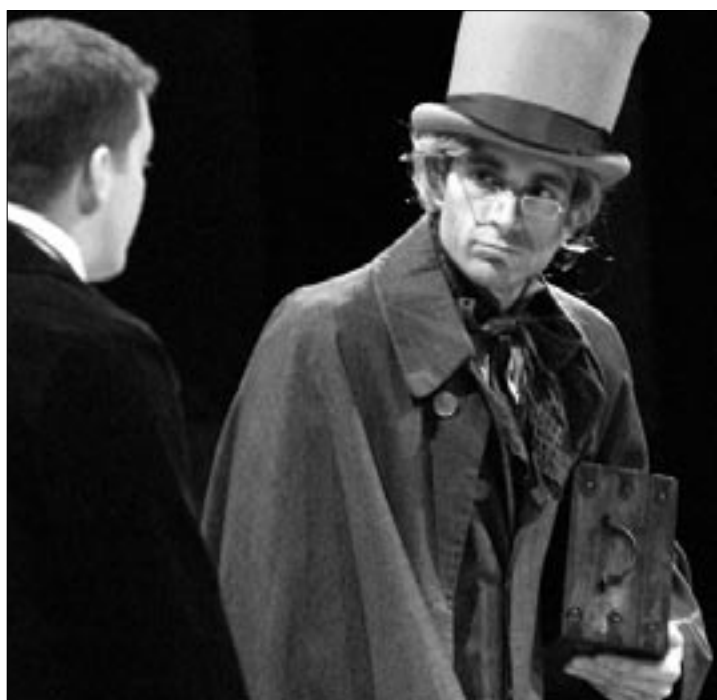
Tickets must be purchased at the door and cost \$5 for students, \$8 for adults and \$25 for families of four.

For more information, call Ext. 5076.



Photos by Staff Sgt. Michael Holzworth

Mr. Scrooge cringes at his first glimpse of the ghost of Jacob Marley, his former business partner, played by Staff Sgt. Yakeem Jones.



Nick Willford (left,) and Joe Carrender portray Fred Anderson and Mr. Scrooge during the musical production of "A Christmas Carol."



Mr. Scrooge (Joe Carrender) is visited by ghosts during the musical production of "A Christmas Carol."

USAFE, from page 1

and geographically dispersed forces makes complete battlefield awareness essential for success. My goal is to lead a command instilled with these world-class information capabilities."

After assuming command, General Hobbins spoke in English and German to thank his distinguished guests, including Gen. James L. Jones, U.S. European Command commander; Gen. T. Michael Moseley, chief of staff of the U.S. Air Force; General Foglesong and his family; as well local community, state and federal workers, in addition to the men and women of USAFE.

In his farewell speech, General Foglesong expressed his admiration for USAFE's Airmen and the tremendous job they've done during his term as commander.

"We have done great things and I have been privileged to work with such a fine group; not only of Airmen, but of Marines, Soldiers, and Sailors as well as our European Allies. We have continued the incredible legacy of accomplishments that NATO has achieved over the last five decades," General Foglesong said.

During General Foglesong's tenure, USAFE stood up the Air Force's Warfighting Headquarters and established Centers of Excellence for Expeditionary Operations, Air Dominance and Joint Fires. The general also led a robust theater security cooperation effort, visited more than 60 countries and established new relationships in USAFE's area of operations. Since taking the USAFE flag, he instituted 15 Combat and Special Interest Programs that have significantly improved mission readiness and quality of life throughout the command.

As the new USAFE commander, General Hobbins also has three other titles: commander, Allied Air Component Command Ramstein; air component commander, U.S. European Command, Ramstein AB, Germany; and director, Multinational Joint Air Power Competence Center, Kalkar, Germany.

General Hobbins is a 1969 Officer Training School graduate and command pilot with more than 4,275 flying hours. He entered the Air Force in December 1969 as a graduate of Officer Training School. He has commanded two tactical fighter wings and a composite air group. He has served as the Director of Plans and Operations for U.S. Forces Japan, Director of Plans and Policy for U.S. Atlantic Command, and the Director of Operations for U.S. Air Forces in Europe. As the USAFE Director of Operations, General Hobbins was responsible for the planning, beddown and execution of combat forces in Europe for Operation Allied Force. While serving as Commander, Air Forces Iceland, he led the composite wing in the intercept of 80 Soviet bomber aircraft in nine months. During his tenure as 12th Air Force Commander, General Hobbins deployed the 12th Air Force's Air Operations Center to Southwest Asia as operations Enduring Freedom and Iraqi Freedom's alternate AOC prior to the beginning of the hostilities. He was confirmed for appointment to the grade of general and assignment as USAFE commander on Oct. 28, 2005. General Hobbins now leads USAFE, which includes more than 32,000 active-duty, reserve and civilian members.

USAFE's mission is to plan, conduct and coordinate offensive and defensive air operations based on tasks assigned by the U.S. EUCOM commander. The command's diverse responsibilities also include in-theater airlift and air refueling operations, and encompass 23 million square miles, from Greenland to Russia and Norway to Africa.

Standard federal ID to replace common access card

By Army Sgt. Sara Wood
American Forces Press Service

A new, standardized identification card is being developed for all federal employees.

The new card will replace the common access cards that military personnel, government civilians and contractors now hold, said Mary Dixon, deputy director of the Defense Manpower Data Center.

The new cards will look similar to CACs, with a few changes, Mrs. Dixon said.

The color scheme will be different and more information will be embedded in the card, she said.

The added information will be a biometric of two fingerprints, to be used for identification purposes, and a string of numbers that will allow physical access to buildings, Mrs. Dixon said.

The biggest change will be the addition of wireless technology, which will allow the cards to be read by a machine from a short distance away, Mrs. Dixon said.

This will make the new cards much easier to use for access to buildings than CACs, which must be swiped through a reader, she said.

The new cards themselves will not be enough to grant access to all federal buildings, Mrs. Dixon said.

Rather, they will be checked against each building's database to determine if an individual has access.

A prototype of the new card is being developed and will be finalized in the next couple of months, Mrs. Dixon said.

The cards will be issued starting in October 2006 to all military personnel, government civilians and qualified contractors.

In the Defense Department, all employees should have the new cards within three and a half years, she said. A timeline has not been set for the rest of the federal government.



Holiday hours

The following 31st Services Squadron agencies will be closed Dec. 25-26 and Jan. 1-2:

- | | |
|-------------------------------------|----------------------------------|
| • Arts and Crafts | • Information Tickets and Travel |
| • Bowling Center | • Library |
| • Area One Child Development Center | • Mensa |
| • Flightline CDC | • Outdoor Recreation |
| • Community Center | • Vet Clinic |
| • Area Two Fitness Center | • Youth Center |
| • Home Fuels | |

The Area Two Buon Appetito dining facility is closed Dec. 25, La Bella Vista is closed Dec. 24-30 and Jan. 1-2 and the Alpine Golf Course is closed Dec. 25 and Jan. 1.

Kinging in the holiday season

Aviano is celebrating the season with a variety of events.

Aviano kicked off the season with a tree lighting ceremony Dec. 1, Christmas trees are being sold, the Aviano Officers and Civilians Spouses' Club hosted a Christmas Cottage Monday and Tuesday, and a Christmas Day meal is being served from 11 a.m. to 3 p.m. Dec. 25 in the La Dolce Vita Dining Facility.

Also, the 31st Aircraft Maintenance Squadron Spouses' Group hosts a holiday party for all 31st AMXS children from 3 to 6 p.m. Sunday in Bldg. 168 in Area One. Party events include crafts, games and prizes for all ages and a visit from Santa. For more information or to RSVP, e-mail AMXSspouses@yahoo.com.



Photo by Senior Airman Colleen Wronek

Melanie Polasek, Aviano Officers and Civilians Spouses' Club, wraps a gift for a child at the Christmas Cottage Monday and Tuesday. The event, which was held at the community center, allowed children to choose gifts provided by the AOCSC for their parents and then volunteers wrapped the gifts for them.



Photo by Staff Sgt. Michael Holzworth

Brig. Gen. Robert Yates, 31st Fighter Wing commander, officially kicks off the holiday season at the holiday tree lighting.



Photo by Staff Sgt. Michael Holzworth

Santa waves to the crowd from a fire truck during the 2005 Aviano Holiday Tree Lighting Ceremony Dec. 1. Approximately 400 people enjoyed the hot chocolate and cookies and sang Christmas carols performed by the Aviano Chapel Choir.

Thirty-two volunteers set up the event area, served drinks and snacks, and some dressed up in reindeer and nutcracker costumes to help make this year's ceremony festive.



Photo by Airman Nathan Doza

Tyler and Drew Ford help organize Christmas trees from smallest to largest. The Aviano Boy Scouts are selling Christmas trees in front of the commissary from 10 a.m. to 5 p.m. Saturday and Sunday, as well as Dec. 17 and 18. The trees cost \$30 for a small, \$40 for a medium and \$50 for a large tree.

603rd Air Control Squadron

Providing radar control and surveillance



Photos by Staff Sgt Bethann Caporaletti

Airman 1st Class Clifford Rowley, 603rd Air Control Squadron, connects a data circuit into a Tactical Air Operations Module. The TAOM enables communications to the Combined Air Operations Center.



Senior Airman George Gregory welds a spare tire carrier on a 5-ton truck.



Above: Airman 1st Class Nelson Gonzalez and Airman 1st Class Randal Paul perform maintenance on the TPS 75 Air Surveillance Radar.

Right: Staff Sgt. David Leonardis (back) establishes a radio link with Senior Airman Kori Daniels. The 603rd ACS mission is to operate a mobile unit capable of providing radar control and surveillance within a designated area and to collect, display and disseminate information of aerial activity. It also provides radar coverage for the control of air forces.



Christmas Cantata

The Aviano Base Chapel hosts its annual Christmas Cantata 7 p.m. Sunday at the chapel. For more information, call Ext. 5211.

La Leche League

The La Leche League meets 10 a.m. Monday in the chapel education center, Bldg. 168 in Area One. The group welcomes all breastfeeding women and pregnant women. Babies and children are always welcome at meetings and snacks are provided. LLL provides information and support on all aspects of breastfeeding. For questions, call 348-242-5373 or e-mail LLLAviano@yahoo.com.

Stripes to bars

Enlisted Airmen interested in becoming officers, may attend a briefing from 9 to 10 a.m. Dec. 16 to learn about the different commissioning programs available. For more information, call the education office at Ext. 5330.

Bonus changes

Airmen eligible to re-

ceive the enlisted critical skills retention bonus can now re-enlist at any time. If eligible Airmen have a year left on their current enlistment, the updated CSRB program allows service time to be waived, which clears the way for Airmen to re-enlist and receive the bonus. CSRB program changes will remain in effect until Dec. 31, 2007.

The CSRB program is open to technical sergeants and above with at least 19 but not more than 24 years of service. For more eligibility requirements, visit <http://www.afpc.randolph.af.mil> or call the military personnel flight at Ext. 7216.

Phase II retraining

The NCO Retraining Program Phase II will involuntarily retrain up to 777 active-duty Airmen. Enlisted retraining staff personnel at the Air Force Personnel Center will place Phase II involuntary retraining candidates into Air Force specialties to help balance the enlisted force. Vulner-

ability listings by grade and Air Force Specialty Code are updated weekly on AFPC's Web site at <https://www.afpc.randolph.af.mil/enlskill/s/retraining/retraining.htm>.

For more information about the program, call the military personnel flight at Ext. 7216.

Holiday concert

The Aviano Community Music Club seeks volunteers for its holiday concert from 6 to 7:30 p.m. Dec. 20 at the base theater. Musicians, actors, set designers, singers, choirs and mascots (reindeers, Santa Claus, Ziggy, McGruff, etc.) of all ages are needed. To volunteer, or for more information, e-mail Master Sgt. Luis Adams at luis.adams@aviano.af.mil.

Fellowship program

Military personnel may apply by Jan. 15 for the White House Fellowship Program which provides first-hand experience in how the government operates. Applying Airmen must obtain written endorsement and authorization from the first colonel in their chain of command. They must also have completed all developmental or professional military education appropriate to their rank. For more information, visit <http://www.whitehouse.gov/fellows/> or call the Military Personnel Flight at Ext. 7216.

Scholarship program

The Air Force is offering qualified officers a master's degree in the Information Assurance Scholarship Program. Students must apply by Jan. 3. Those who complete the IASP will receive the National Security Telecommunications and Information Systems Security Instruction 4011 certificate. Information on eligibility requirements, application submission and participating schools can be found at <http://www.defenselink.mil/nii/iasp/DoDMembersMain.htm>.

Vet clinic hours

The Aviano Veterinary Clinic will be closed Dec. 23, 26, 29, 30 and Jan. 1 and

2. It will open with normal operating hours Dec. 27 and 28. Call Ext. 8485 for further information.

Adopt an Airman

Many Aviano single and unaccompanied Airmen and single parents can spend Christmas with an adopted family. Single members or families interested in hosting someone for Christmas can call Staff Sgt. Audrey Kiefer at Ext. 2741 or log on to the Aviano Intranet and fill out an application form.

MEO volunteers

The Military Equal Opportunity office seeks volunteers to serve as chairpersons for Wing Special Observance Committees. Volunteers are needed for the following: Martin Luther King Jr. Day, January 2006; Black History Month, February 2006; Women's History Month, March 2006; Days of Remembrance, April-May 2006; Asian Pacific Heritage Month, May 2006; Hispanic Heritage Month, Sept. 5 - Oct. 15, 2006 and American Indian/Alaskan Native Heritage Month, November 2006. To volunteer, call Tech. Sgt. Brenda Fleming at Ext. 5851.

Job opportunity

The American Battle Monuments Commission has an opening for an assistant superintendent trainee at the North Africa American Cemetery, Carthage, Tunisia. A basic knowledge of French is required. The ABMC is an independent Executive Branch Agency of the U.S. Government responsible for administering permanent cemeteries, memorials and monuments in foreign countries. The full announcement for the position and instructions on how to apply are posted on the USAJOBS Web site at www.usajobs.opm.gov.

For more information contact Mrs. Isabella Lo Castro, Chief Personnel Division, ABMC, Rome, Italy: Tel. 06-48903685, e-mail locastroi@abmc.gov. Deadline to apply is Dec. 16.

Reel Times

Today, 5 p.m. - "Dreamer: Inspired by a True Story" Rated PG - A horse trainer and his daughter nurse an injured horse back to health, with an eye on racing her in the Breeders' Cup. Starring: Kurt Russell, Dakota Fanning

Today, 8 p.m. - "An Unfinished Life" Rated PG-13 - In shock from his son's death a decade ago, Einar has let his ranch and marriage fall into ruin. He begins to heal only when his granddaughter comes to live with him. Starring: Robert Redford, Morgan Freeman

Saturday, 2 p.m. - "Dreamer: Inspired by a True Story" Rated PG

Saturday, 7 p.m. - "Serenity" Rated PG-13 - A hardened veteran on the losing side of a galactic civil war ekes out a living pulling off small crimes and transport-for-hire aboard his ship, Serenity. Starring: Nathan Fillion, Alan Tudyk

Sunday, 7 p.m. - "The Greatest Game Ever Played" Rated PG - An amateur player from a working class family shocked the golf world when, at the 1913 U.S. Open, he defeated his idol, the defending British champion. Starring: Shia LaBeouf, Stephen Dillane

Wednesday, 7 p.m. - "An Unfinished Life" Rated PG-13

Thursday, 7 p.m. - "The Greatest Game Ever Played" Rated PG

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Local area events

Saturday - In Sarmede, near Vittorio Veneto, an exhibition of drawings for kids by artists from all over the world.

Sunday - "The Soul of Gospel" festival is 5:30 p.m. in Pasiano di Pordenone. The event is free.

Now through Dec. 24, and Dec. 27 through Jan. 15 - Christmas market in Bussolengo (Verona). The market is open from 9 a.m. to 12:30 p.m. and 3 to 7:30 p.m. daily and has an atmosphere of older times. For more information, visit <http://www.ilvillaggiodinatale.it>.

Dec. 25-26 - Sesto al Reghena. The living nativity in the ancient Benedictine abbey where the birth of Christ is re-enacted.

Dec. 28 - In Tarvisio, the church remembers the slaughter of the innocents by Herod by celebrating Schip Schap. Children 'armed with wooden sticks run around town singing the Schip Schap riddle.

Tourist passports

Having a tourist passport when traveling outside Italy is the safest way to travel. Information, Tickets and Travel passengers must have a tourist passport to travel to Poland, Croatia, Slovenia, Russia, Romania, Hungary, Czech Republic, Turkey, Tunisia, Egypt, Israel and Kenya. Passports may be obtained at the Aviano Military Personnel Flight.

Travel Web site

Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe.

A Christmas in Salzburg

By Senior Airman Sarah Gregory

31st Fighter Wing Public Affairs

Known as the festival city, Salzburg, Austria, always has something going on. The holiday season is no exception for this small, charming city on the Salzach River.

Celebrating in style, Salzburg comes alive with the hustle and bustle of its annual Christmas markets. With a seemingly endless number of booths selling everything from ornaments to mulled wine and spiced milk to fragrant wreaths, it's easy for visitors to get into the holiday spirit.

Getting to Salzburg is simple; visitors can take the A4 to the A10, with clearly marked signs for Salzburg. The trip takes about four hours and there are plenty of rest stops along the way, providing opportunities to take photos of the beautiful mountain views.

Since parking is limited to Salzburg residents, drivers must park at one of several parking garages around the city. Some are close enough to walk to the city center, while distant ones have regular buses to take people there. The parking rates are very reasonable and credit cards are accepted.

No matter which section of the city guests decide to explore, a Christmas market can be found. The markets in the Cathedral and Mozart Squares and along the Getreidegasse shopping areas are a visual treat. The trendy stores have beautiful window displays set up to entice shoppers. Street performers abound and people can take a break with a cup of hot cider while they watch the ice carvers create master-



Photo by Senior Airman Sarah Gregory

With its Christmas markets, outdoor concerts, ice skating and horse-drawn carriage rides, Salzburg provides the perfect holiday setting.

pieces. Romantics can ride in a horse-drawn carriage and the adventurous can ice skate around the large ice rink set up in Mozart Square. Rental skates are available and there is no time limit on the ice.

For a Christmas experience from a different perspective, visitors can take the lift up to the Hohensalzburg Fortress, high above the city's rooftops. The view from the top of the fortress is stunning and is worth the five-minute trip. Countless booths and colorful entertainment transform the castle courtyard into a magical marketplace. Children can make ice flowers, gift tags and apple-men at the market. Brass bands and choirs perform almost daily.

The markets are open from 9 a.m. to 9 p.m. daily until Christmas Eve. For more information or performance schedules, visit <http://www.christkindlmarkt.co.at/>. The website has an English version.

Whether visiting Salzburg for shopping or exploring, the ambiance of its markets makes the city an ideal place to start off the Christmas season.

Travel information: Check out www.freetraveltips.com for tips on taking cruises, traveling with children and more.



Courtesy photo

Ljubljana, Slovenia, boasts one of the oldest philharmonic halls in the world.

Information, Tickets and Travel

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Christmas markets in Bolzano and Ice Man Museum
- Saturday - Guided Florence
- Dec. 17 - Sparkling wine tasting in Veneto region
- Dec. 17 - Christmas markets in Munich, Germany
- Dec. 24 - Slovenian Rhapsody (Ljubljana, Postumia Caves and Castle)

• Dec. 24 - 26 - Rome for Christmas including Vatican Christmas Mass

• Dec. 31 - Jan. 1 - New Year's Eve in Vienna

ITT escorts ensure the group arrives and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area. Call Ext. 5072 or 5026, for more information.

Yoga helps balance body, mind



Photo by Airman Nathan Doza

Performing yoga on a regular basis helps improve posture, strength and flexibility. The Aviano Dragon Fitness Center offers yoga classes Monday through Thursday.

By Senior Airman Sarah Gregory
31st Fighter Wing Public Affairs

Today the class is learning about the downward facing dog, the monkey, cow face, fish and eagle poses. No, it's not a zoo exhibit, it's yoga and classes are offered by the Aviano Dragon Fitness Center.

Monday through Friday, people gather at the gym to stretch, bend and breathe their way into a stronger, more flexible body.

"Yoga is a good tool for people to get to know their body better and to make a connection between the body and mind," said Nobuko Johnson, a fitness instructor. "It's a personal journey of self-discovery; learning about what your body is capable of."

By consistently attending yoga classes, people can increase their body awareness and begin to see the benefits of yoga in everyday life.

"Yoga helps people increase their levels of concentration and patience. It can also help a person deal with stress by being more relaxed and calm," said Nobuko. "As a person advances in yoga, their posture, flexibility and strength also improves."

Because yoga and stretching share similar moves, people tend to confuse the two.

"While some of the moves are the same, yoga is different from stretching because it's about taking more time with sequenced moves," Nobuko explained. "You don't move into a deeper stretch until the body has been warmed up and is strong enough to handle them."

In addition to health benefits, yoga provides people with a way to get a workout without stressing the body or worrying about comparisons.

In ancient times, yoga was often referred to as a tree, a living entity with roots, a trunk, branches, blossoms and fruit. Hatha yoga is one of six branches; the others include raja, karma, bhakti, jnana and tantra yoga. Each branch of yoga has its own unique characteristics and functions representing a particular approach to life.

"I do yoga because I love that you don't have to compete. You can just be yourself," Nobuko added. "If you keep at it, the physical results will come and the whole improvement process is enjoyable."

Today, there are many different types of yoga classes – so many it can be confusing figuring out where to begin. Whether someone is a yoga newcomer or a more advanced student, the fitness center classes are a good place to begin.

"I like this class because she [Nobuko] keeps an eye on everyone to make sure their breathing is right and they are doing the poses correctly," said Marissa Garcia. "Plus she makes it fun."

Nobuko's advice to beginners is to just step onto the mat and not think about forcing the body into a painful stretch. "If you do the moves consistently, your body will respond. It's all about being patient," she said.

Yoga is taught from 12:30 to 1:30 p.m. Mondays and Wednesdays and from 10 to 11 a.m. Tuesdays and Thursdays at the Aviano Dragon Fitness Center.

Fly Bys

Varsity basketball

The Men and Women's Varsity Basketball teams are recruiting players for the upcoming season. For more information, call Neville Designach or Robby England at Ext. 7574.

Noel outing

The Alpine Golf Course hosts a nine-hole tournament followed by lunch Dec. 17. Entry fee is \$10.

Help wanted

The Aviano Dragon Fitness Center has openings for personal trainers and certified aerobic instructors. The staff is also looking for instructors wishing to pursue their certification. For more information, call Jennifer Kellner or Scott Bishaw at Ext. 7459.

Skate park safety

Skaters are required to wear a helmet, and other protective gear is strongly recommended when in the skate park. Anyone ages 11 and under must be accompanied by an adult.

Mountain bike ride

A local mountain bike ride is scheduled for 10 a.m. Dec. 17 starting at the community center parking lot. People interested in the event must sign up at outdoor recreation by Monday.

Personal trainer

The Dragon Fitness Center offers one-on-one training for those looking increase their fitness level. One-hour sessions cost \$20. For more information, call Jennifer Kellner at 0434-74-7170 or e-mail her at jennifersgym@yahoo.com to make an appointment.

Massage therapist

The Area Two Fitness Center offers 30-, 60-, and 90-minute massage therapy sessions. For more information or to schedule an appointment, call Shawn Hamilton at 348-364-0684.

Holiday season a time for family not jail

Celebrate safely; don't be another driving statistic

By Lt. Col. Patrick Vetter
31st Security Forces Squadron
commander

The holiday season is in full swing at Aviano. The signs are evident; the holiday tree is lit, holiday decorations are out, the base exchange is full of shoppers and squadrons are having their holiday parties. Things are beginning to slow down just a little in anticipation of Christmas and New Year's. The holiday season is a time for family, friends and celebrations.

Unfortunately, it's also a time when there is a tragic jump in the number of alcohol-related highway fatalities and DUI arrests in the United States and Europe.

Since 1981, the President has proclaimed December "National Drunk and Drugged Driving Prevention Month" to underscore the importance of being committed to preventing impaired driving and promoting the use of designated drivers and sober ride programs.

In the United States, the month of December and the New Year's Eve holiday are often highlighted by significant increases in law enforcement efforts to combat impaired driving such as the use of sobriety checkpoints and saturation patrols. My Italian counterparts tell me you can expect similar increases in sobriety checkpoints from Italian law enforcement officials as well.

Some people may question why checkpoints are needed – perhaps these statistics will answer the question.

Airman Against Drunk Driving
0434-30-5938

Traffic crashes are the single leading cause of death for every age group between 6 and 33 years of age. Since the mid-1990s, more than 17,000 Americans have lost their lives annually as a result of alcohol related crashes. This year alone, law enforcement officials will arrest more than 1.5 million people for driving under the influence of alcohol. In the United States, the total economic costs for alcohol-related traffic crashes is expected to top \$50 billion.

Driving impaired or riding with someone who is impaired is simply not worth the risk. The consequences are serious and real. Not only do you risk killing yourself or someone else, but the trauma, career implications and financial costs of a crash or an arrest for driving while impaired are significant. I think we can all think of better ways to spend the holidays.

I hope everyone gets a chance to enjoy the holidays and spend time with family. Enjoy a few glasses of holiday cheer if you wish, but remember, nothing will destroy that holiday spirit quicker than the consequences of driving intoxicated. Take advantage of all the programs Aviano has to get you home safely, and remember, this holiday season, if you catch a buzz, catch a ride.

Aviano's Hidden Heroes

Around 9 p.m. Nov. 4, Cristina Polese, 31st Mission Support Squadron, was on her way home from the base movie theater when she noticed a car in the middle of the road at the Vigonovo main intersection. Several people stood around the vehicle, which had just been in a major accident a few moments earlier. Ms. Polese noticed there was no Carabinieri in the area; she pulled over to provide any assistance necessary. Although there was a military security forces member present, the interpreter was unable to be contacted, so Ms. Polese decided to stay. She called the Carabinieri and translated until the interpreter arrived. Many people wouldn't have taken the time to stop; it was dark, getting late and there were already several people around the accident scene.



At 6:50 a.m. Nov. 3, a motorcycle accident occurred on Mountain Highway involving an Air Force member. While on his way to work, Giuseppe Gava, 31st Medical Support Squadron, stopped to assist. He asked about the accident and stayed to assist the injured person while waiting for the Carabinieri and ambulance to arrive. He ensured the member was stable, warm and that vital signs were normal. In addition, Mr. Gava set up the safety triangle/accident sign to warn oncoming cars of the accident and to proceed with caution. Upon the arrival of the Carabinieri, Mr. Gava assisted in surveying the accident scene. He also called the tow truck and helped load the motorcycle.



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send congratulatory messages to Vigileer@aviano.af.mil. Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.